

Skynolds

Vol 3

Hypochondriasis

Phobias

Epilepsy

Hysteria

Diabetes &

Hypochondria

Hypochondriasis

1811

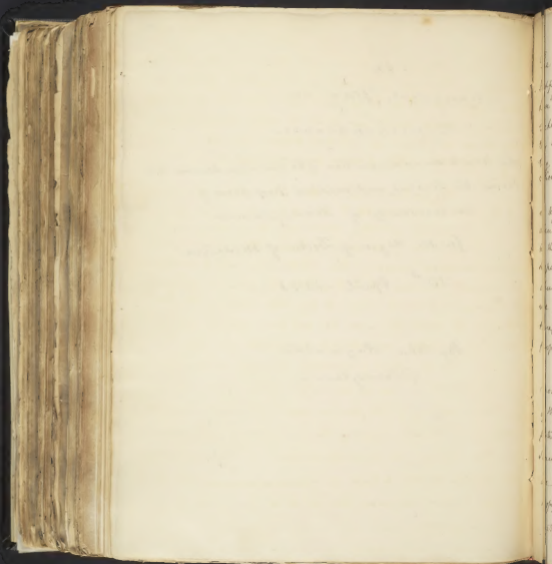


An
Inaugural Essay on
Hypochondriasis

Submitted to the examination of the Rev^d John Andrews D.D.
Provost, the Trustees, and medical Professors of
the University of Pennsylvania
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By John Reynolds
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1
The Elder physicians, were not sparing, and often unhappy, in their use of terms in Medicine. Of this we have sufficient proof, if we but open their nosological books. Technical words meet our eyes in every direction, and if they do not confound us; at least puzzle our wits in attempting, to ascertain their precise meaning, and original application.

Hypochondriasis is that term, which was employed by ancient nosologists to denote an erroneous state of mind produced as they conceived, by a derangement in the functions of the liver or some other viscus of the Hypochondriac region of the Abdomen. It is, however, abundantly proven, that hypochondriasis is not derived from a diseased liver, or any other viscus. The term therefore is incorrect, and has not been applied with strict propriety. Custom, nevertheless, demands its use.

As this form of mental derangement appears most evident, in an erroneous perception, and judgement, of things relating to the person, and circumstances of the patient, Dr Rush proposes the substitution of the term Sautou Mania, for hypochondriasis. — Various epithets are applied to this disease in common conversation. The hypochondriac, spleen, vapours, low spirits &c mean the same with Hypochondriasis in its different grades.

In what class and order among diseases are we to rank the subject of this essay? As the author has been more in the habit of directing his attention to the symptoms and phenomena of diseases, than their characteristic distinctions, it will be sufficient to observe that Dr. Cullen pursuing the plan of Linnaeus, places it in his class *neuroses* and order *adynamica*. His character of it is "Dyspepsia with languor, sadness, and fear, from inadequate causes, in a melancholic temperament"

Persons of the Nervous and Hepatic predispositions are most subject to Hypochondriasis. The arterial predisposition is often united with the others. Hypochondriasis bears a resemblance to Hysteria, but there are certain prominent features by which they may be easily distinguished. The bloodvessels are more affected in Hysteria than Hypochondriasis. The nervous system in the latter, is frequently in a state of torpor, in the former, great mobility prevails. Hysteria appears in paroxysms, attended occasionally with delirium. It is never with the other disease. Hysteria is alleviated by cold Hypochondriasis by warmth. They often, however, alternate with each other, and blend their symptoms together

that hypochondriasis combines with Hysteria, we might prove by a history of facts. Some hypochondriacs are at one moment dull, and sad, at another gay and vivacious to an extreme. They are among the most boisterous laughers and are addicted to great merriment and mischief.

These are convulsive efforts, and are to be explained by the supposition that they are borrowed from Hysteria.

From melancholy it is not easy to separate Hypochondriasis. The mind in melancholy is evidently most affected. Dyspepsia a trait in the character of the former is lost in the latter. The nerves and muscles are more rigid in the latter than the former. The bowels in melancholy are torpid, and cannot be moved without the administration of powerful cathartics. The distress of the patient, here, is not derived from the apprehensions of personal maladies alone, but is in part produced by erroneous views of matters not relating to himself. — Persons advanced in life are more subject to Hypochondriasis & melancholy than the young.

Causes

The Remote causes of this disease operate, ^{either} on the body, or the mind, or on both at the same time.

* By rigid I mean a state of immobility, and want of power

Among the fins are all delightful representations of
sedentary kind, both in irregular and regular outlines.
The unvarnished face of some, even

The second variety comprehends all the extremes of the
passions, viz. emotions, of Love, ambition, jealousy,
disappointment, anger, &c. &c. &c. &c. &c. &c. &c. &c.
intense study &c.

The third source or those causes which operate on the mind and body at the same time, as is seen in employments where the mind is constantly exercised and the body fatigued as, professional practice teaching of school &c. The different forms of the venereal disease is a continuing debility, and at the same time is a strong emotion of shame, and serves to lay waste to the foundation of hypochondria. Syphilis is likewise a source of this disease.

Ly. myzomela

These are very voracious. Indigestion flatulencies, atonies
nauseas, an insidious vomiting of bile, a dry skin, an
increased flow of urine, stony stools a deficiency of
white proteinaceous effluvia, chills, a torpid abdomen
tinnitus aurium, throbbing of the temples, inconstancy



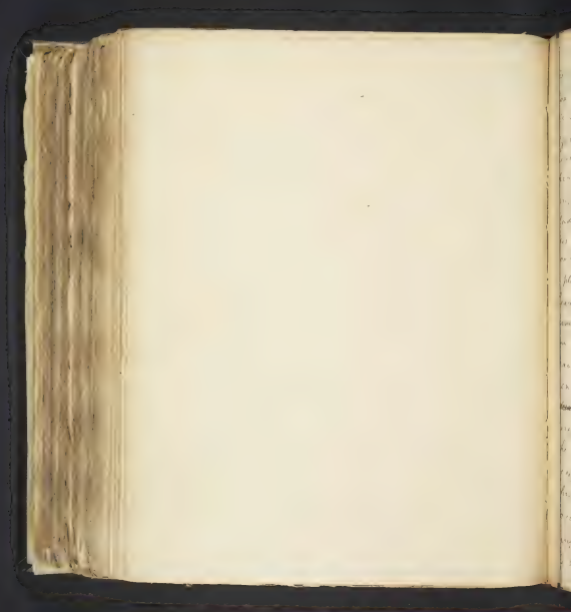
never propitiation of the heart a conviction of the heart and
not a shallow complacency amongst countenance.

The mind is constantly a prey to the body. The longest
and in due course to be employed in thinking
on any subject but that of physical distress. The ques-
tion is so much of the mind being with a man
that never been. I must ever remain as a slave
of hypochondria in forming hypochondriacs. They are now
our only counterfeits.

Its consumption is the
most frequent mortal cause of it is not a wonder at
that it should often precede among the children of
the hypochondriacs. If a cough happens before
the him, he has an affect in his lungs. He, and it is not
if his face is somewhat flushed, his pulse increases
create a hectic and should his hands, can feel the
little warmer than usual nothing can convince
him that the dreadful malady has not begun. +

Should the hypochondriac have been cured by a storm
pet, and attacked by the pox, not with this, may be per-
for has long since been indicated from the system.
he is in constant fear of losing his palate or the rest of
his nose, by the insidious of the virus.

+ If a hypochondriac be cured he has the consumption. It is a
poor thing that he is wrong. This disease is almost invariably at-
tended with the loss of the appetite and the countenance.



his imagination conjures up to his view the life of respect
 from and of friends and friends seem as a misery as
 his attendance through the remainder of his life.

Again he believes that his heart is debilitated into a mere
 machine, it is not considered a palpating, if he had a pulse
 through sheer debility, it palpates beats with a little
 irregularity. And thus, in terror he had a stone in his
 bladder, or a stone ^{in his bowels}, and a large woman in his belly.
 His mind is agitated by a thousand fancies. He is firmly
 convinced, at one time that his body is transformed into
 a plant, and that he needs the wholesome showers of
 heaven to make him grow. Or may be, that he thinks
 himself changed into a leopard. Under this belief he is
 in an awful situation if he happens to be too roughly
 handled, and he shivers at the idea of being too
 hot to pass. ~~relating to an ancient nurse,~~
~~with child~~ ~~at what is now a more~~ ~~known~~
 presented him saying that he is dying, and he is more
 he suffers the pangs of desolation, and with a deep
 cry. Nothing under these circumstances will such
 have into life, and some application in the future
 country. This powerful torment cannot fast of
 any form, but belongs to the most severe manner that
 a man can have.



these, are not all of the mental sufferings of the Negroes here. For at sometimes in a state of respect from us involuntarily are said "we are poor animals!" The state of the mind is induced by a past perception, that he cannot be saved and has turned upon a new view to another world. "I have heard an aged colored man say he was in this situation as often with regard to his 'hairs' the thought of an angel seemed not to bring misery. The spiritual distress of the Negro

Hypochondriasis if not cured often terminates in total
debility, emaciation and in decrease of the size. The
rate has been previously stated. 8; hypochondriasis.



The verniers, or hypotenuses in the figure, with
the hands S^1 , such as set on the beam in 2.5
seconds on the vernier.

the light house are is, about.

5. Blood to Core. The parts in
the specimen are extremely dry, which might be ex-
pected. It was obtained in the same
manner as the others.

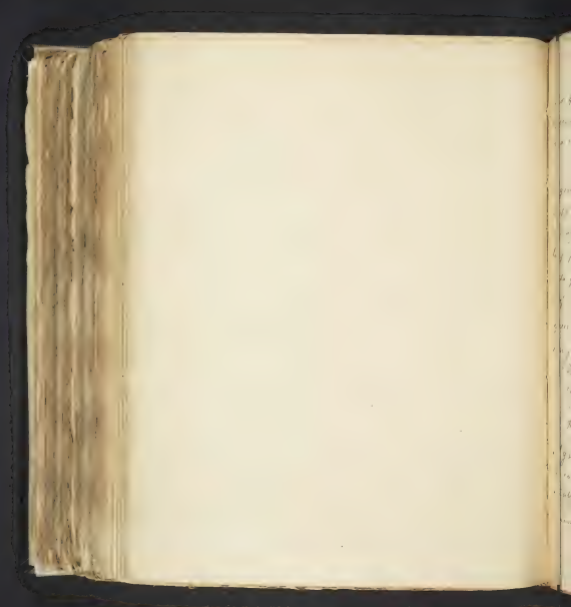
- The presence of beds due to various reasons
- prominent exposure of the strata

3 Lones. These are often very

4. Discovered in a watercourse,
employed to give relief of chronic overstrain & more in
persons.

3. Bitterness, not attended with pain, drives the mind from its proper objects.

Opium is not to be considered
in the treatment of hyperthermia.



7. O Saviourless, necessary things in the
 sort of most prescriptions, and length and is not
 efficacious in obstructed respiration. Cold and
 warm drinks may often be given.

Exercise. It should be the first means
 to gratify. Walking, sailing and riding on horseback
 which I believe necessary. The latter is a great
 way. The journeys of the hypochondriac should be
 long, pursued through a pleasant country, and most
 solitary. He should make a business of his travels. It
 is of importance that cold and moist weather be avoided.
 Green the part, who understood the nature of green
 many excellent precepts for its cure.

In many cases keep double guard.
 Or suffer not directly on the head.

Which like these first by such an one;
 They highest when their wings are out.

Agriculture, and horticulture are employments which
 by combining exercise of body with an easy and agreeable
 motion of the mind, have restored health, and secured
 many hypochondriacs.

Butcher's exact the measurement.



of the face and of shouting, are as violent remedies to invigorate the flaccid muscles of the body. It is of great importance that all disagreeable apoplethons in the patient's mind be destroyed.

2. Of Remedies which act on the mind.

The languor and inactivity of mind to which an hypochondriac makes it necessary that the most powerful incentives be employed to rouse it. Agreeable conversation softens the hypochondriac and obliterates his mental ~~torments~~ sufferings. Let him seek the company of women of wit and virtue and cautiously avoid being idle or solitary. Bustle and business are antidotes to Hypochondriasis. They call forth the whole vigor of the faculties and bend the mind to a proper point of exertion.

The perusal of books of wit and taste are well calculated to regulate the humors of the hypochondriac. Theatricals, Anecdotes, romances, Novels may be used for this purpose.

Musical. This remedy is often extremely powerful. In France, and instruments should be carried according to the state of the mind.



fit a very close & most severe, and unmercifully, &
 very brightly air, will do great violence to it. Ought
 the patient ever to be contradicted in his chimerical
 fancies? A physician should never treat his
 disease as terminal; but on the contrary seem con-
 vinced of its reality, and thus humour his passion,
 which with tenderness and delicacy, continued
 too will generally dispose the patient to believe that
 his complaints have not arisen due either from
 his physician, and will tend to make him
 still more unhappy.

Ridicule is attended with advantage in those
 where the patient possesses in his absurd notions
 respecting his identity. It operates by exciting emo-
 tions of contempt, anger, and indignation.

Dramatic entertainments are well adapted to dispel.

If spleen for aye is at loss of day,
 I'm sorry evening with a play,
 As to some concert take my way,
 The company, the shine of lights,
 The sound of music, mused forth,
 Just, and let the soul be right.



The amusing games of chess, cards and backgammon
 are well calculated to divert the mind from
 its more holy employments.

If the unhappy hypochondriacs have spiritual
 astrologers, let them consult the zodiac, and bible.

"Finis"

Manuscript.

There is a great deal of this paper to be seen the
same as the manuscript paper which is also
common to the same.

Manuscript.







